MASSAGENERD.COM

Presents

150+ Self Stretching



" A stretch a day, ~~will keep the doctor away~~ is a good start "

" Slow in … Maintain it … Slow out "

By
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CMT, NCTMB, HST

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***Only Recommend Your Client No More Than 3 Stretches Each Visit**

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RULES FOR SELF STRETCHING

*Relax during the stretch.
*Tune into your body.
*Focus on muscles and joints being stretched.
*Feel the stretch.
*Be guided by the feel of the stretch.
*No bouncing!
*Stretch until you feel a slight mild tension and hold for 5–10 seconds (Once you feel for comfortable, maintain the stretch up to 30 seconds).
*For stretching to be beneficial, make sure you set a routine.
*Once in the morning and once at night to get in a good routine.
*Have a journal of your stretching routine.
*No pain during the stretch!
*When stretching: Slow in to it…Maintain it…Slowly come out of it.
*Don't hold your breath during the stretch.
*Don't be in a hurry during the stretch.
*Don't stretch while you are tense.
*No bouncing during the stretch.
*Don't stretch to the point of pain.
*Stretching is not exercise.
*Don't stretch a cold muscle.
*The general warm-up should begin with joint-rotations, starting either from your toes and working your way up, or from your fingers and working your way down. If they are not already warm before you wish to stretch, then you need to warm them up yourself, usually by performing some type of brief aerobic activity.
*Breathe slowly, rhythmically and under control. Do not hold your breath.
*Take your time.
*Alternate the stretches to allow for proper rest periods.
*Do not compare yourself with others (Everyone has different flexibility).
*If you are stretching correctly, the stretch feeling should slightly subside as you hold the stretch.
*If you feel any unusual pain; see a doctor.
*Typically, if you have pain in an area for 7 or more days; you should see a doctor.
*There are many different forms of stretching…just stick to the basics to start.
*You could be ore the next day (Aerobic workout for the muscles).
*Stretching is not a 2-3 times a week routine, it is an everyday routine.
*If you stretch on a regular basis, it could help get rid of up to 50% of your pain.
*Hydrate your muscles!

STANDING

A.  B. 

A. Shrug shoulders
Pectoralis Minor and Lower Trapezius
***Depress shoulders**

B. Rotate head
Sternocleidomastoid, Scalenes

A.  B. 

A. Bring your head back
Sternocleidomastoid, Splenius Capitis, Splenius Cervicis, and Scalenes

B. Flex neck
Splenius Capitis, Splenius Cervicis and Scalene

A.  B. 

A. Pull head to one side
Sternocleidomastoid, Scalenes

B. Interlock fingers and bring arms back
Anterior Deltoid and Pectoralis Major

A.  B.  C. 

A. Push chin forward
Temporalis

B. Push chin back
Masseter, Lateral Pterygoid, Medial Pterygoid

C. Open mouth
Medial Pterygoid, Masseter

A.  B. 

A. Interlock fingers and flex neck
Splenius Capitis, Splenius Cervicis and Scalene

B. Bring flexed arms back
Pectoralis Minor, Serratus Anterior, Anterior Deltoid and Pectoralis Major

A.  B.  C. 

A. Hold hands and drop shoulder and flex neck
Upper Trapezius and Levator Scapula

B. Rotate arms down and back
Infraspinatus, Teres Minor, and Posterior Deltoid

C. Pull elbow behind head
Triceps and Anconeus

A.  B.  C. 

A. Pull arm close to your body
Posterior Deltoid

B. Pull arms straight back
Anterior Deltoid and Pectoralis Major

C. Hold onto your fingers and take turns pulling
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

A.  B. 

A. Rotate forearm/arm
Anterior Deltoid, Pectoralis Major, Subscapularis, Teres Major and Latissimus Dorsi

B. Interlock fingers and extend arms
Extensor Carpi Radialis Longus, Extensor Carpi Radialis Brevis, Extensor Carpi Ulnaris, Extensor Digitorum, Extensor Indicis, and Extensor Digiti Minimi

A.  B.  C. 

A. Interlock arms and reach towards the ceiling
Pectoralis Major, Coracobrachialis, Latissimus Dorsi and Teres Major

B. Interlock arms and flex
Posterior Deltoid

C. Press Palms together
Flexor Carpi Radialis, Flexor Carpi Ulnaris, and Palmaris Longus

A.  B.  C. 

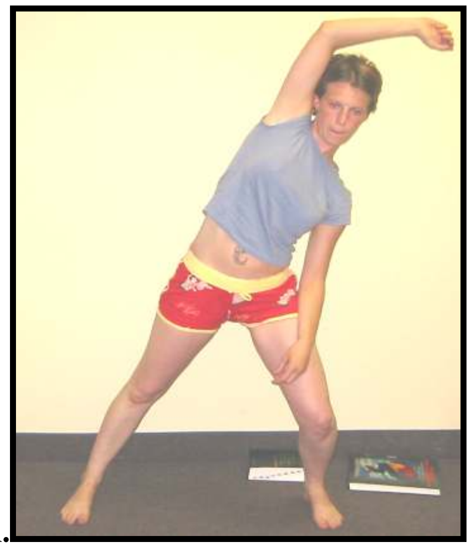
A. Back of hand press
Extensor Carpi Radialis Longus, Extensor Carpi Radialis Brevis, and Extensor Carpi Ulnaris

B. Pull fingers back
Flexor Carpi Radialis, Flexor Carpi Ulnaris, Palmaris Longus, Flexor Digiti Minimi and Flexor Digitorum Profundus, Flexor Digitorum and Flexor Digitorum Superficialis

C. Expand fingers
Adductor Pollicis, Palmar Interossei

A. 

A. You can pull and rotate your own fingers
Flexor Digiti Minimi and Flexor Digitorum Profundus, Flexor Digitorum and Flexor Digitorum Superficialis

A.  B.  C. 

A. Legs spread apart and lean to one side
Triceps, External Obliques, Internal Oblique, Quadratus Lumborum, Pectoralis Minor and Lower Trapezius

B. Legs together and lean to one side
Triceps, External Obliques, Internal Oblique, Quadratus Lumborum, Pectoralis Minor and Lower Trapezius

C. Hold low back and lean back
Rectus Abdominis, External Obliques, Internal Oblique

A.  B.  C. 

A. Roll your back
Erector Spinae

B. Rotate leg inward
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

C. Rotate leg outward
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B.  C. 

A. Push your hand into your hip
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

B. Pull foot up
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris and TFL

C. Pull knee up
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris, TFL, Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus and Adductor Magnus

A.  B. 

A. Balance on your toes

Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris, TFL, Flexor Digitorum Longus, Flexor Digitorum Brevis, Abductor Digiti Minimi, Flexor Hallucis Longus, Flexor Hallucis Brevis

B. Balance on your toes and push on your inner thigh

Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris, TFL, Flexor Digitorum Longus, Flexor Digitorum Brevis, Abductor Digiti Minimi, Flexor Hallucis Longus, Flexor Hallucis Brevis, Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, Adductor Magnus, Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

A.  B. 

A. Legs straight and try and touch your toes

Transversospinalis, Erector Spinae, Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Sartorius, Gracilis, Gastrocnemius, Plantaris, and Popliteus

B. Legs crossed and try and touch your toes

Transversospinalis, Erector Spinae, Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Sartorius, Gracilis, Gastrocnemius, Plantaris, Popliteus, Gluteus Medius, Gluteus Minimus, TFL and Sartorius

A.  B. 

A. Balance on one of your ankles
Peroneus Tertius, Peroneus Longus and Peroneus Brevis

B. Balance on the outside of both feet
Peroneus Tertius, Peroneus Longus and Peroneus Brevis

WALL

A.  B. 

A. Heel on the floor and toes on the wall, then lean towards the wall
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

B. Medial side of your foot on the floor and the lateral side of your foot on the wall, then push towards the wall
Tibialis Anterior and Tibialis Posterior

A.  B. 

A. Spread legs apart
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

B. Rest legs against wall
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus
***Try and touch your legs**

A.  B. 

A. Rest legs against wall and dorsal flex your ankles
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus, Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

***Rest legs against wall and plantar flex your ankles**
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus, Tibialis Anterior, Extensor Digitorum Longus, Peroneus Tertius, and Extensor Hallucis Longus

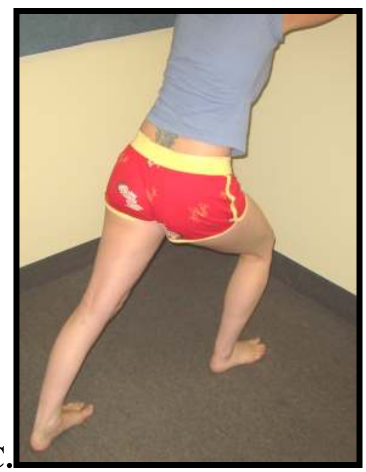
B. Cross your legs on the wall
Gluteus Medius, Gluteus Minimus, TFL and Sartorius

***Try and touch your legs**
Gluteus Medius, Gluteus Minimus, TFL and Sartorius, Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

A.  B. 

A. Cross one leg on the wall
Gluteus Medius, Gluteus Minimus, TFL and Sartorius

B. Arch your back and place both feet on the wall
Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

A.  B.  C. 

A. Cross one leg, then lean towards the wall (Pressure is put on the crossed leg)
Gluteus Medius, Gluteus Minimus, TFL and Sartorius

B. Plant your feet and keep legs straight while you lean towards the wall
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

C. Plant one foot and keep that leg straight while you lean towards the wall
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

A.  B.  C. 

A. Plant one foot and keep that leg slightly bent while you twist your hip towards the wall
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

B. Pull your foot towards you
Biceps Femoris

C. Plant one foot and keep that leg slightly bent while you lean towards the wall
Soleus

A.  B. 

A. Place your palms against the wall and lean towards the wall
Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps

B. Place your palms against the wall and lean towards the wall
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps, Pectoralis Major, Rectus Abdominis, External Obliques, Internal Oblique

A.  B.  C. 

A. Place your palms against the wall and lean towards the wall
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

B. Place your palms against the wall and lean towards the wall and look up
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

C. Place your back against the wall and push your knees to the floor
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B.  C. 

A. Place your palm (Fingers towards the floor) against the wall and lean towards the wall
Flexor Carpi Radialis, Flexor Carpi Ulnaris, and Palmaris Longus

B. Place your palms against the wall and lean towards the wall and lean one side of your body towards the wall
Flexor Carpi Radialis, Flexor Carpi Ulnaris, Palmaris Longus, External Obliques, Internal Oblique, Quadratus Lumborum

C. Place your palm (Fingers towards the ceiling) against the wall and lean towards the wall with a twist
Semispinalis, Multifidus

FLOOR or TABLE

A.  B. 

A. Spread both legs and lean forward
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

B. Keep one leg straight and spread the other leg
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

A.  B. 

A. Keep one leg straight and raise the other leg to the ceiling
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

B. Rotate one leg over your other leg
Gluteus Medius, Gluteus Minimus, TFL and Sartorius

A.  B. 

A. Lie on your side and lift one leg to the ceiling
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

B. Bring your knee to your chest
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

A.  B. 

A. Hold your feet and lean forward
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, Adductor Magnus, Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

B. Push both knees to the floor
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B. 

A. Keep both legs straight and try and touch your toes
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus, Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

B. Sit on one leg and keep the other leg straight while you try to touch it
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus, Adductor Brevis, Adductor Longus, Gracilis, Pectineus, Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

A.  B. 

A. Rotate one leg and keep the other leg straight while you try to touch it
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus, Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

B. Rotate one leg over the other leg
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

A.  B. 

A. Cross one leg over the other leg and use your and to push against your leg
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

B. Cross one leg over the other leg and use your and to push against your leg and tilt your head at the same time
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, Sartorius, Sternocleidomastoid, Scalenes

A.  B. 

A. Pull opposite leg towards you
Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps

B. Pull both legs towards you
Anterior Deltoid, Pectoralis Major, Coracobrachialis, Biceps, Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, Sartorius, Rectus Abdominis, External Obliques, Internal Oblique

A.  B. 

A. Arch your back
Rectus Abdominis, External Obliques, Internal Oblique

B. Interlock hands and arch your back
Rectus Abdominis, External Obliques, Internal Oblique, Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps

A.  B. 

A. Rotate one leg over the other leg (Arms straight)
Gluteus Medius, Gluteus Minimus, TFL and Sartorius

B. Your chest is pushing to the floor and the top leg is pushing into the floor
Gluteus Medius, Gluteus Minimus, TFL, Sartorius, External Obliques, Internal Oblique, Quadratus Lumborum

A.  B. 

A. Spread both of your legs apart and bend one knee and straighten the other one, while you extend your arms

Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, Adductor Magnus, Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

B. Spread both of your legs apart and bend one knee and straighten the other one

Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

A.  B. 

A. Bring both knees to the sides of your body

Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

B. Bring both legs over your head (Straight or slightly bent)

Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

A.  B. 

A. Hold onto your knees

Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus,

B. Keep your lower body straight and extend one arm with a bend

External Obliques, Internal Oblique, Quadratus Lumborum, Pectoralis Major, Coracobrachialis, Latissimus Dorsi and Teres Major

A.  B.  C. 

A. Flex knee, then rotate leg and pull towards you
Biceps Femoris

B. Cross one leg and push your crossed leg to the floor
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

C. Sit on both legs
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris and TFL



***Sit on both legs and lean back**
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris and TFL

A.  B. 

A. Sit on both legs and extend both arms
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris, TFL, Rectus Abdominis, External Obliques, Internal Oblique

B. Flex one knee up and the other knee in pushed into the floor (Lean forward for more stretch)
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, Sartorius, Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

A.  B. 

A. Sit on one knee with one knee bent and extend arms
Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

B. Sit on one knee with one knee bent and hold onto your ankle
Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

A.  B. 

A. Sit on your knees and place your palms on the floor and extend your arm
Flexor Digiti Minimi and Flexor Digitorum Profundus, Flexor Digitorum and Flexor Digitorum Superficialis

B. Sit on your knees and extend your arms
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris, TFL, Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

A.  B. 

A. Plant your foot and arch your back
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus, Flexor Digitorum Longus, Rectus Abdominis, External Obliques, Internal Oblique

B. Both arms under your back and bring your shoulders up
Infraspinatus, Teres Minor, and Posterior Deltoid

A. 
B. 

A. Internally rotate your arm
Infraspinatus, Teres Minor, and Posterior Deltoid

B. Externally rotate your arm
Anterior Deltoid, Pectoralis Major, Subscapularis, Teres Major and Latissimus Dorsi

A. 
B. 

A. Palm on the table and stretch the triceps with your other hand
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

B. Palms on the table and arch your back
Rectus Abdominis, External Obliques, Internal Oblique

A. 
B. 

A. Palms on the table and stretch the triceps
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

B. Extend your arms
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

A.  B. 

A. Interlock your fingers behind your head and flex your neck
Splenius Capitis, Splenius Cervicis, Scalene, Suboccipitals

B. Interlock your fingers behind your head and push your arms into the table
Anterior Deltoid and Pectoralis Major

A.  B. 

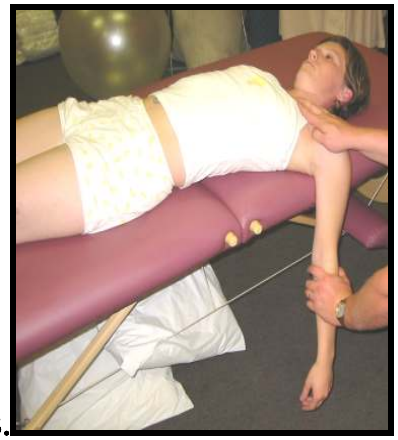
A. Rotate your head to one side
Sternocleidomastoid, Scalenes, Splenius Capitis, Splenius Cervicis, Suboccipitals

B. Hold your ankle and pull it towards you
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

A.  B. 

A. Place one leg off the table and hold onto the other side and drop your leg to the floor
External Obliques, Internal Oblique, Quadratus Lumborum

B. Drop one leg to the floor, while you pull your knee towards your chest
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

A.  B. 

A. Drop both legs to the floor
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

B. They can drop their own arm off the table
Anterior Deltoid and Pectoralis Major

DESK
*Try the desk for other stretches

A. 

B. 

A. Bend your knees and extend your arms
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

B. Place leg on desk (Or chair) and lift your arm over your head
Pectoralis Major, Coracobrachialis, Latissimus Dorsi, Teres Major, External Obliques, Internal Oblique, Quadratus Lumborum, Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

A. 

B. 

A. Place leg on desk (Or chair) and lean over and touch your leg
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

B. Flex your knee on the desk and lean towards the desk
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

A.  B. 

A. Place leg on desk (Or chair) and lean over to touch your leg
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus, Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

B. Place palms on desk and lower your body to the floor
Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps

A.  B. 

A. Place arm on table (Palm up) and lean body towards the floor
Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps
***Try both arms**

B. Place foot on desk/table
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

DOOR
*Try the door for other stretches

A.  B. 

A. Hold onto side of door and lean forward
Anterior Deltoid and Pectoralis Major

B. Hold onto door and lean forward
Anterior Deltoid and Pectoralis Major

A.  B. 

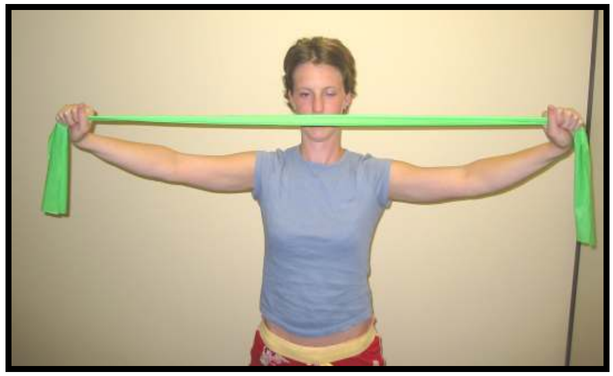
A. Hold onto top of door and drop body to the floor
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

B. Hold onto top of door and lean forward
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major
***Lean one hip only**

THERA-BAND

*Try the Thera-Band for other stretches





***The Thera-Band can be used for most of the stretches**

TOWEL

*Try the towel for other stretches

A.  B. 

A. Place towel under head and flex neck
***Try it at different angles**
B. Place towel on the back part of your head and flex neck
***Try it at different angles**

A.  B. 

A. Place towel on the bottom of your foot and bring it to your chest
B. Place towel on your shins and bring it towards your chest
***Place it under your knee and perform the same stretch**

A.  B. 

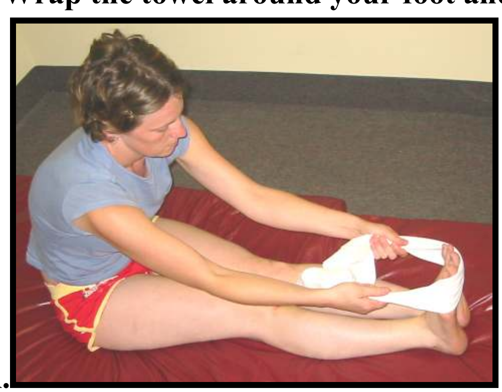
A. Wrap the towel around your ankle and pull towards you
B. Place towel under your foot and pull your feet towards you

A. 
B. 
C. 
D. 

A. Wrap towel around ankle and pull up
B. Wrap towel around your and take turns pulling the towel
***Try to bring hands closer together**
C. Wrap towel around your and take turns pulling the towel
***Try to bring hands closer together**
D. Wrap towel around your and take turns pulling the towel
***Try to bring hands closer together**

A. 
B. 
C. 

A. Try to bring hands closer together
***Perform the same stretch and try to bring your arms towards the ceiling**
B. Lean arms back
***Try to bring hands closer together**
C. Wrap the towel around your foot and pull towards you

A. 
B. 

A. Wrap the towel around both feet and pull towards you
B. Flex your knee and sit on it, and then wrap towel around foot and pull towards you

BALL

***Try the ball for other stretches**




***Compress the racket ball in your hand**

BOOK

***Try the book for other stretches**

A.  **B.** 

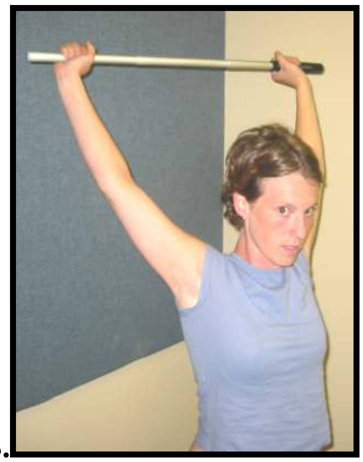
A. Place your toes on the book and drop your heels to the ground
B. Place your toes on the book and raise your heels towards the ceiling

POLE

*Try the pole for other stretches

A.  B.  C. 

A. Wrap the pole around you and twist your trunk
B. Wrap the pole around you and try to bring your arms forward
C. Twist it above your head

A.  B.  C. 

A. Lean sideways
B. Lean your arms back
C. Pull bottom hand up towards the ceiling

A.  B. 

A. Take turns pulling it up/down
B. Try to bring your hands together
***Perform same stretch and try to bring your arms towards the ceiling**